

this school there is not room for the children in the dormitories, if the number required to keep up the school is maintained.

No especial attention, if any, has been given to physiology and hygiene in the school-room, and it should be considered in every department. Even very small children will take an interest in the composition of their bodies, the organs, etc. The government physician should devote a good deal of his time in the school to giving lectures to the older children and making friends with the little ones, so that they would grow to feel his influence and know where to find an adviser in sickness, and be willing to take his advice. If these rules were carried out, it would necessarily make the school healthy, the lack of which has always been the chief grievance with the relations and older Indians against the school, and it must influence the camp Indians to some extent, and the next generation should be wonderfully improved. If the school can be made what it should be, what an influence for good!

There should be a sanitarium for the Indians. The government has buildings here, an abandoned school plant, that could be used with comparatively small expense. When the school children are infected, they must be sent out, where? To the camps, where they have not sufficient nourishment for well children, they linger on and die. They have nothing but very fine air to get well upon; that is not sufficient! Many poor creatures might be saved long suffering and death with a little care and food. There is so much room, acres and acres of it, sunshine and beautiful pure air, and even the buildings and the doctor; just the furnishing, equipment, a nurse, an assistant and a few employees could do it. It was discussed, allowed by the United States government, but seems to have been dropped.

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## GLASSES AND THEIR CARE

By CASSIUS D. WESCOTT, M.D.

Lecturer on the Eye, Illinois Training School for Nurses, Chicago, Ill.

No one will venture to deny that glasses are playing a very important rôle in modern civilization, and few things play their parts more acceptably than properly adjusted spectacles. It is difficult to imagine the condition of the modern professional person without glasses, and deprived of them, most people would be unable to read after fifty.

The engravers of old Nineveh, Babylon and Egypt undoubtedly used lenses to aid their vision. Some of their work on engraved gems

and stones could not have been done otherwise, and a lens of about four and a half inches focus was found in the ruins of Nineveh by Sir Austin Henry Layard. The earliest reference in European literature to the use of lenses as an aid to vision is by Roger Bacon, who died in 1292. He used what we now call a reading glass, a large convex lens so mounted as to be held in the hand. Pliny is authority for the oft-repeated statement that Nero used a concave emerald in order to view the games and the combats of the gladiators.

It is not known who first mounted lenses in such a way that they could be retained upon the face, but it is probable that such glasses were first used in Florence, somewhere between 1280 and 1300 A.D. Spectacles were undoubtedly first employed to aid the failing vision of elderly people and were selected empirically. It was not until the year 1600 that the astronomer, Johann Kepler, demonstrated the optical properties of the eye and the rationale of the use of lenses, and not until the middle of the last century did a really scientific method of fitting glasses begin to be evolved. In the past twenty-five years, since the necessity of putting the eyes at rest with cyclopegic drugs before attempting an examination has been fully appreciated, wonderful strides have been made toward accuracy. The masses are beginning to realize the importance of having proper glasses for the relief of eye-strain in its manifold manifestations, as well as aids to vision, but daily observation demonstrates that many who wear glasses do not understand the desirability of caring for them properly.

Spectacles are better for the eyes than eyeglasses, for the reason that it is easier to keep the lenses in perfect adjustment before the eyes in a frame supported by the ears and nose, than in an eyeglass, which is supported upon the nose alone.

Perfect adjustment is necessary in order to get the full benefit of glasses, for the reason that it is only by looking through the centre of a lens, at right angles to its plane, that we can get its full effect. The ideal position for lenses, to be used for distance only, brings the centre of each lens directly in front of the centre of the pupil of the corresponding eye when looking at a distant object on a level with or a little below the level of the eyes. If the glasses are to be used for near work only, the centre of the lenses should be on a line with the centre of the pupils when reading. If the glasses are worn constantly and used for all purposes, the position will be a compromise, the lenses being set a little lower than if used for distance only.

New glasses should not be worn until the frame has been carefully adjusted by an expert, and if after a trial the frame is not comfortable,

it should be adjusted again, as it is not always possible, especially in the case of eyeglasses, to get them just right the first time.

When our glasses are once perfectly adjusted, we should endeavor to handle them so carefully that the frame will not be bent in the slightest degree, and if we meet with an accident which disturbs the relation of the lenses, or if in time the frames get loose or the joints become rickety, they should be put in order again. Many patients who have worn glasses for some time with perfect comfort and the relief of headaches, perhaps, come back complaining of a return of their symptoms, when a careful examination shows no material change in the eyes, but a crooked frame to be the cause of the trouble. Truing up and tightening the frame brings comfort and relief.

Bifocal glasses, so convenient for those who need a different correction for distance and near, require to be even more perfectly adjusted in order to give satisfaction.

Spectacles should be taken off and put on with two hands, if possible, and never folded up or put in a case oftener than is necessary. Every time the temples are folded up, the joints are worn a little, and soon the frame becomes loose and rickety; and no matter how carefully they are handled in putting them in a case, the frame is liable to be bent a little. We should never put glasses down on a hard surface in such a way that the face of the lenses will touch. There is always a little dust on everything, and the high polish of the lenses is soon destroyed and their clearness impaired by so doing. Patients, especially elderly people, who wear strong convex glasses, frequently come complaining that they do not see so well as when fitted with glasses perhaps only a few months before. An examination of their lenses shows that the polish has been literally ground off by putting them on the table or shelf face downward. It is like looking through a piece of ground glass to try to see through them.

The vision of some patients is sometimes improved by the use of a little soap and warm water on their glasses. We should always keep our lenses clean and bright, and it is a good thing to wash them once a day with clean, warm water and dry them carefully with a soft linen cloth. There is nothing better for cleaning lenses than soft, old linen, a discarded handkerchief, napkin or piece of table-cloth. We should never rub our glasses with a dry cloth or piece of paper when they are dusty, if we can first wash them to remove the grit. The reason is obvious. Very hot water should not be used in cleaning glasses for the reason that it may crack the lenses. Repeated use of hot water on cemented bifocal lenses may loosen the segments, and a sharp blow will do the same.